

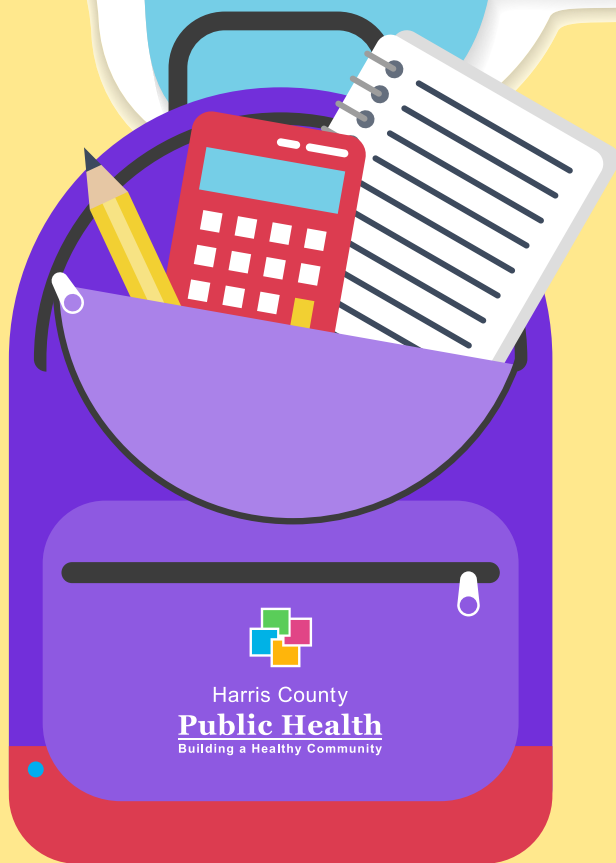


Sources:

[CDC.gov Back to School Planning for In Person Classes](https://www.cdc.gov/backtoschool/)  
[Unicef.org What Will Return to School During COVID-19 Pandemic Look Like?](https://www.unicef.org/covid19/)

For many months, students had what might have seemed like an extended vacation due to the COVID-19 outbreak and stay-at-home orders. So, what should you do to help them get mentally prepared to physically attend school?

- Prior to returning to class or even after school begins, reintroduce previously established routines including bedtime, wakeup time, homework time, and play time.
- Develop a daily checklist for items to pack for school the next day, such as hand sanitizers and back-up masks.
- Understanding that your child knows we are still in a pandemic, create a safe and nurturing environment and respond positively to questions and expressions of feelings.
- Be mentally present and engaged when asking about the activities of your child's day.
- For parenting support and tips, see if there is a parent group you can connect with through your school or community.



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# COVID-19: Creating School Structure for Your Child

